



# January 2017 Group Fitness Schedule

Parks and Recreation

The class schedule is subject to change and the web calendar may not reflect these changes.  
Please see the Front Desk at the James City County Recreation Center  
and Abram Frink Jr. Community Center for the latest class offerings.

For a complete description of fitness classes offered throughout the year, see Class Descriptions.  
All classes are 50 minutes unless specified.

**\*\* These classes are not included with wristbands and require a separate registration fee payable to James City County Treasurer.**

TIME & DATES	MONDAY (2, 9, 16, 23 & 30)	TUESDAY (3, 10, 17, 24 & 31)	WEDNESDAY (4, 11, 18 & 25)	THURSDAY (5, 12, 19 & 26)	FRIDAY (6, 13, 20 & 27)	SATURDAY (7, 14, 21 & 28)
6:30 a.m.		TRX Body Blast Kristen <b>*No class 1/3</b>				<b>REC CENTER CLOSED Sun - 1/1 HAPPY NEW YEAR!</b>
7 a.m.			WalkLive/ Low Impact Laura	PiYo® Kristen	WalkLive/ Low Impact Laura	
8 a.m.	Low Impact Meg	Pilates with Props Gail	Vinyasa Yoga Asha	Good Morning! Yoga Pat	Core Fit (30 min) Meg	
9 a.m.		<b>FIT MAMA- STOLLER FIT</b> 9:30-10:30 \$Fee - Contact Kristen 259-4176		<b>FIT MAMA- STOLLER FIT</b> 9:30-10:30 \$Fee - Contact Kristen 259-4176		
9 a.m.	Cardio Kickboxing Emily	Barre Heather R.	Cardio Interval Carey	Zumba Felix	Cardio Hip Hop Emily	Zumba Lindsey
	<b>Indoor Cycling</b> 60 min/Carey	<b>Cycling</b> 45 min/Carey		<b>Power Cycle</b> (9:30) 40 min/Alise	<b>Cycling</b> (9:15) 45 min/Jill	
10 a.m.		Kettlebell Gail		Kettlebell Gail <b>*No class 1/5</b>		
	Stretch & Sculpt Carey	Strength Training Carey	Stretch & Sculpt Carey	Strength Training Felix	Gentle Yoga Julia	Fusion Fitness Jill
11 a.m.	SilverSneakers® Classic (11:30) Meg	<b>**A.F.E.P. I</b> (11:15) Meg	SilverSneakers® Cardio (11:30) Gail	<b>**A.F.E.P. I</b> (11:15) Gail	SilverSneakers® Cardio (11:30) Meg	Yoga for Everybody Evi
12:30 p.m.	<b>Paddleboard Yoga IN THE POOL!!!</b> \$15 pre- registration					
12:15 p.m.	SilverSneakers® Circuit Meg	Pilates with Props Gail	SilverSneakers® Yoga Gail	SilverSneakers® Circuit Gail	SilverSneakers® Classic Gail	<b>NEW!!! Cycle60</b> <b>SUNDAY's</b> at 1:30 p.m. Ellen
1 p.m.	SilverSneakers® Yoga Meg		SilverSneakers® Stability & Balance (1:15) <b>NEW!!</b> Gail		SilverSneakers® Stability & Balance (1:15) <b>NEW!!</b> Gail	
2 p.m.	Pre & Post-Natal Yoga <b>NEW!!</b> Julia				Barre (2:15) Heather R.	

**additional classes are listed on back side)**

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4 p.m.	Yin and Yang Yoga Evi		WalkLive/ Low Impact Laura <b>NEW!!</b>		
4:30 p.m.	Rowing/Spin Circuit Gail	Pilates Ken	Rowing/Spin Circuit Gail <b>*No class 1/4</b>	Pilates Ken	
5 p.m.			Turbo Kick Robert	<b>KIDS YOGA!</b> 4:30-5 p.m. (4-7yrs) 5-5:45 p.m. (8-12yrs) \$Fee - Contact Kristen 259-4176	Restorative Yoga 75min/Asha
5:30 p.m.	Zumba Christi	Strength Training Nick <b>*No class 1/10</b>		Total Body Strength Bess <b>NEW!!</b>	
6 p.m.			Zumba Felix		
6:30 p.m.	TRX George (Start 1/16)	MixxedFit® Sarah		Zumba Brittany	
7:20 p.m.				Ab Ripper (30min) Brittany <b>NEW!!</b>	
7 p.m.	<b>Cycle &amp; Core</b> Tina		<b>Cycle &amp; Core</b> Tina		

**\*Previous Kettlebell experience required.**

**Cycling classes** - First time cycling please arrive **5 min** before class for proper set-up.  
Spin/Row class cards will be available at the Front Desk **1 hr** before each class,  
Maximum of 11 per class for spin, 6 per class for rowing.  
**TRX Suspension Training classes** – maximum of 8 per class.

**Recreation Center Phone # 757-259-4200**

For access to land and aquatic fitness classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk:

- **\$55; \$50** for JC/W residents - one month unlimited- **with no facility pass**
- **\$30** a month for unlimited classes - 3, 6 or 12 month facility pass holder
- **\$60; \$55** for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

### **Abram Frink Jr. Community Center Classes**

5:30 p.m.	SilverSneakers® Classic Monday's & Wednesday's Sonya	6:30 p.m.	Zumba (AFCC Wristband Required) Tuesday's & Thursday's Felecia
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**\*\*James City County Recreation Center (JCCRC) wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are posted online and are posted by the dance studio. For the complete description of all land and aquatic class offerings, please visit [jamescitycountyva.gov/recreation/programs/fitness.html](http://jamescitycountyva.gov/recreation/programs/fitness.html).**